

215.62

High-Risk Conditions

Overview

Introduction

The WIC data system automatically identifies some participants as high-risk based on their assigned risks. WIC CPAs can manually assign high-risk status for participants based on their professional judgment.

Definition: High-risk

A high-risk condition is a nutrition problem or the potential for developing a nutrition problem that requires additional assessment, intervention, monitoring and evaluation by a licensed dietitian (Journal of the American Dietetic Association 2003; 103(6):1061-1072).

Policy

Participants who are at high-risk must be scheduled for at least one individual education contact by a licensed dietitian and have a nutrition care plan. This contact may take place at certification or at the second education contact. All second education contacts for high-risk participants must be scheduled as one-to-one contacts.

Initial contacts for high-risk participants

If a licensed dietitian (L.D.) certifies the high-risk participant and writes the nutrition care plan, this contact meets the policy requirement for one individual contact by a L.D. The L.D. should determine the appropriate level of service for the second education contact (L.D. or another CPA) and schedule it accordingly.

If a non-L.D. CPA certifies the high-risk participant, this CPA can:

- Write the initial care plan identifying the participant as high-risk,
- Provide nutrition education, and
- Schedule a one-to-one second education contact with a L.D.

Nutrition care plans

See Policy 215.83 for more information about requirements for nutrition care plans.

High-Risk Conditions by Category of Participation

Infants

The table below lists the infant high-risk conditions and their codes.

Condition	Code
At risk of Underweight infant or child	103a
Underweight infant or child	103b
Failure to thrive	134
Slowed/faltering growth pattern	135
Low birthweight < or = 5.5 lb.	141a
Very low birthweight < or = 3lbs 5 oz.	141b
Preterm delivery	142a
Early term delivery	142b
Low hemoglobin/low hematocrit	201
Elevated blood lead level > or = 5ug/dl	211
Nutrient deficiency or disease	341
Gastro-intestinal disorders	342
Diabetes Mellitus	343
Thyroid disorders	344
Hypertension and Prehypertension	345
Renal disease	346
Cancer	347
Central nervous system disorders	348
Genetic and congenital disorders	349
Inborn errors of metabolism	351
Infectious diseases – acute	352a
Infectious diseases – chronic	352b
Food allergies	353
Celiac disease	354
Lactose intolerance	355
Hypoglycemia	356
Recent major surgery, trauma, or burns	359
Developmental sensory or motor disabilities	362
Fetal alcohol spectrum disorders	382
Neonatal abstinence syndrome	383
Primary nutrient source inappropriate	411a
Potentially contaminated foods	411e
Diet very low in calories &/or essential nutrients	411h
Potentially harmful dietary supplements	411j

High-Risk Conditions by Category of Participation, Continued

Children

The table below lists the high-risk conditions and their codes for children.

Condition	Code
At risk of Underweight infant or child	103a
Underweight infant or child	103b
Obese (Children 2-5 Years of Age)	113
Failure to thrive	134
Low birthweight < or = 5.5 lb.	141a
Very low birthweight < or = 3lbs 5 oz.	141b
Preterm delivery	142a
Early term delivery	142b
Low hemoglobin/low hematocrit	201
Elevated blood lead level > or = 5ug/dl	211
Nutrient deficiency or disease	341
Gastro-intestinal disorders	342
Diabetes Mellitus	343
Thyroid disorders	344
Hypertension and Prehypertension	345
Renal disease	346
Cancer	347
Central nervous system disorders	348
Genetic and congenital disorders	349
Inborn errors of metabolism	351
Infectious diseases – acute	352a
Infectious diseases – chronic	352b
Food allergies	353
Celiac disease	354
Lactose intolerance	355
Hypoglycemia	356
Recent major surgery, trauma, or burns	359
Fetal alcohol spectrum disorders	382
Developmental sensory or motor disabilities	362
Potentially contaminated foods	425e
Diet very low in calories &/or essential nutrients	425f
Pica: routine ingestion of non-food items	425i

High-Risk Conditions by Category of Participation, Continued

Pregnancy

The table below lists the pregnancy high-risk conditions and their codes.

Condition	Code
Low maternal weight gain	131
Low hemoglobin/low hematocrit	201
Elevated blood lead level > or = 5ug/dl	211
Hyperemesis gravidarum	301
Gestational diabetes	302
History of preeclampsia	304
History of preterm delivery	311a
History of early term delivery	311b
Pregnancy at young age – LMP before age 16	331a
Pregnancy at young age – LMP at age 16 or 17	331b
Lack of adequate prenatal care	334
Multifetal gestation	335
Fetal growth restriction	336
Pregnant woman currently breastfeeding	338
Nutrient deficiency or disease	341
Gastro-intestinal disorders	342
Diabetes Mellitus	343
Thyroid disorders	344
Hypertension and Prehypertension	345
Renal disease	346
Cancer	347
Central nervous system disorders	348
Genetic and congenital disorders	349
Inborn errors of metabolism	351
Infectious diseases – acute	352a
Infectious diseases – chronic	352b
Food allergies	353
Celiac disease	354
Lactose intolerance	355
Hypoglycemia	356
Recent major surgery, trauma, or burns	359
Eating disorders	358
Depression	361
Developmental sensory or motor disabilities	362
Alcohol use	372a
Substance use	372b
Fetal alcohol spectrum disorders	382
Diet low in calories &/or essential nutrients	427b
Pica: Compulsively ingesting non-food items	427c

Potentially harmful foods	427e
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Breastfeeding

The table below lists the breastfeeding high-risk conditions and their codes.

Condition	Code
Low hemoglobin/low hematocrit	201
Elevated blood lead level > or = 5ug/dl	211
History of preeclampsia	304
History of preterm delivery	311a
History of early term delivery	311b
Pregnancy at young age – LMP before age 16	331a
Pregnancy at young age – LMP at age 16 or 17	331b
Multifetal gestation	335
Nutrient deficiency or disease	341
Gastro-intestinal disorders	342
Diabetes Mellitus	343
Thyroid disorders	344
Hypertension and Prehypertension	345
Renal disease	346
Cancer	347
Central nervous system disorders	348
Genetic and congenital disorders	349
Inborn errors of metabolism	351
Infectious diseases – acute	352a
Infectious diseases – chronic	352b
Food allergies	353
Celiac disease	354
Lactose intolerance	355
Hypoglycemia	356
Eating disorders	358
Recent major surgery, trauma, or burns	359
Depression	361
Developmental sensory or motor disabilities	362
Pre-diabetes	363
Alcohol use	372a
Substance use	372b
Fetal alcohol spectrum disorders	382
Diet low in calories &/or essential nutrients	427b
Pica: Compulsively ingesting non-food items	427c

High-Risk Conditions by Category of Participation, Continued

Not breastfeeding

The table below lists the not breastfeeding high-risk conditions and their codes.

Condition	Code
Low hemoglobin/low hematocrit	201
Elevated blood lead level > or = 5ug/dl	211
History of preeclampsia	304
History of preterm delivery	311a
History of early term delivery	311b
Pregnancy at young age – LMP before age 16	331a
Pregnancy at young age – LMP at age 16 or 17	331b
Multifetal gestation	335
Nutrient deficiency or disease	341
Gastro-intestinal disorders	342
Diabetes Mellitus	343
Thyroid disorders	344
Hypertension and Prehypertension	345
Renal disease	346
Cancer	347
Central nervous system disorders	348
Genetic and congenital disorders	349
Inborn errors of metabolism	351
Infectious diseases – acute	352a
Infectious diseases – chronic	352b
Food allergies	353
Celiac disease	354
Lactose intolerance	355
Hypoglycemia	356
Eating disorders	358
Recent major surgery, trauma, or burns	359
Depression	361
Developmental sensory or motor disabilities	362
Pre-diabetes	363
Alcohol use	372a
Substance use	372b
Fetal alcohol spectrum disorders	382
Diet low in calories &/or essential nutrients	427b
Pica: Compulsively ingesting non-food items	427c